

The Teacher

W. A. Dickey, 100 Main Street, Bangor, Me., has just published his new book, "The Teacher," which is destined to become a classic. It is a book of practical advice for teachers, and is written in a clear, simple, and interesting style. It contains many valuable suggestions and practical hints for the guidance of teachers in their work.

General Debility.

There are many causes of debility, and one of the most common is lack of exercise. The author recommends a simple exercise, known as "Ayer's Exercise," which consists of walking up and down the stairs, and is said to be very effective in removing debility.

Nervous Prostration.

This is a disease which affects many people, and is often accompanied by depression and melancholy. The author recommends a simple exercise, known as "Ayer's Exercise," which consists of walking up and down the stairs, and is said to be very effective in removing nervous prostration.

Ayer's Sarsaparilla.

The author recommends Ayer's Sarsaparilla as a remedy for nervous prostration.

THE DOCKASH GRATE.

The author recommends the Dockash Grate as a remedy for nervous prostration.

Royal Clarion Ranges.

The author recommends Royal Clarion Ranges as a remedy for nervous prostration.

Points of Excellence.

The author recommends Points of Excellence as a remedy for nervous prostration.

Subject of construction.

The author recommends Subject of construction as a remedy for nervous prostration.

Operation.

The author recommends Operation as a remedy for nervous prostration.

THE BATH IS THE THING.

Where sufficient exercise cannot be taken to alleviate the defect, the next best measure is to take a bath. Such a bath, of course, can be taken in one's own home, or after a walk in the sun.

But any exercise, whether it be walking or running, is better than none at all.

Locally About Right.

Like every other community, Washington has a household of splinter sisters. There are seven of them—refined and religious women—all now above the "carrying age," which is so uncertain, and they live in a fine old house of their own in the West End. Not long ago the big Dutch girl, who had been a widow for many years, and was an invalid, went to the good ladies' home, of course, telling them all about her misfortune. One of them wound up a man in front of our house.

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